

Sacred Sundays

Summer school for the Soul



8 Sundays, 1:00pm to 2:15pm
June 20, 27, July 18, 25, Aug 1, 15, 22, 29

Have you been wanting to build a practice of meditation?

You understand the life-altering benefits of a consistent meditation practice, perhaps you've even been able to have periods of persistent practice, but you still have not yet put down the firm roots of an established practice. Because the practice is inconsistent, the results are inconsistent. You're now willing to make the decision to make your conscious contact with your Higher Power, your felt sense of oneness with Being, the most important factor in your life. The phrase "seek first the kingdom of Heaven and all good things will follow" resonates deeply inside you.

Join Yoga instructor and long-time meditator Greg Riley for this meditational intensive. This course is specifically designed to improve and groove your practice of meditation at all layers of your being, physical, emotional, intellectual, and spiritual.

The format of each session will include:

20-30 minutes of study of the **Yoga Sutras of Patanjali**, the preeminent sacred scripture of Yoga. The group study of enlightened sacred scripture works to access and open new awareness at the level of mind far beyond our habitual, logical, and rational perspective. A must for all serious, committed students and teachers of Yoga.

Approximately 10 minutes of gentle, but highly efficient body movement designed to help integrate the intellectual insights of the scriptural study and also to ready the body for seated meditation. Learning to quickly mobilize and energize the body helps to release the vitality necessary to stay focused and alert during meditation, one of the most common concerns of those who have been struggling to build a consistent practice.

5 minutes of breathwork, also designed to open the energetic channels of the body and access vitality for seated meditation.

Focused meditation period of 20-25 minutes. Various meditation styles will be offered and explained, allowing the student to develop the style of meditation that ideally suits his/her temperament, background, and understanding.

Meditation will be followed with a 5-10 minute deep savasana (deep, resting corpse pose), supported with blankets and bolsters as desired.

The end of each class will be a question and answer opportunity to share insights, give and receive instructor feedback, and ask any and all questions that frequently arise in the building of this life-altering practice.

Cost for series - 8 classes, \$160.00

Drop-ins welcomed as your schedule allows - \$25.00

Reserve your place in this transformational series, *rsvp* to Greg at Upwardspiral yoga@yahoo.com



Greg is a long-time teacher at the Danville Yoga Center and he has been practicing meditation since 1977 (when he was 3). Greg's mission in life is to awaken the highest good in all his students through the practice of spiritual principles and practices. (And to have a great deal of fun with his friends in the process!) **Visit him at www.upwardspiral yoga.com**